

## ***Nutrition Month***

As March observes National Nutrition Month, now is the time to get an expert strategy to fueling your body.

You know the benefits of eating a well-balanced diet, but how to get there isn't always as clear. Whether it's to lose weight, control food sensitivities (e.g. food allergies, diabetes, cholesterol, or eating disorders) or just learn what your body needs, a registered dietitian can help guide you and develop an eating plan. A registered dietitian can also help you set nutritional goals.

Upon meeting your Registered Dietitian, an assessment will be run based on:

- Age
- activity level and
- special circumstances

such as:

- diabetes
- high blood pressure
- food allergies
- eating disorders
- obesity

Some insurance companies cover nutrition education visits depending on your diagnosis.

Contact a Member Care Specialist today to discuss how to best utilize your existing benefit package to receive care from a Registered Dietician as well as additional treatment options available.

"I don't think I would have ever been able to solve my issues with the insurance company without the help of my Member Care Specialist. I'm so glad I asked for help. I can't imagine a better experience."

## ***Lend a Paw***

We pride ourselves on being there for our members, their dependents and now – the animals!

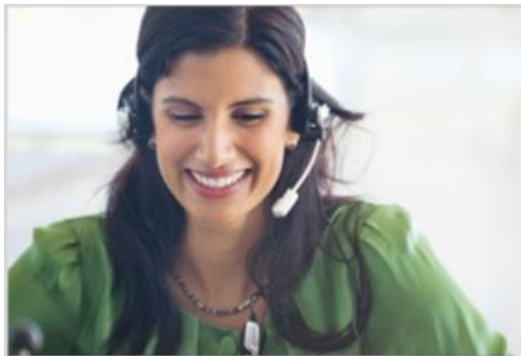
We are devoting \$1 to the ASPCA for every "follow" we receive on our CareCounsel LinkedIn page.

The ASPCA (American Society for the Prevention of Cruelty to Animals®) is on a mission "to provide effective means for the prevention of cruelty to animals throughout the United States."

The donation will be utilized to help fight animal homelessness, and animal cruelty through rescue, placement and protection efforts.



For more information and how to find our page, view the *Lend a Paw* flyer [here](#).



**“I was impressed that CareCounsel was able to get through to my provider directly for a conference call-without a long wait! The representative knew CareCounsel and was very responsive.”**

## **Who's Caring for You?**

### **Get to Know the Team**

Meet **Tom** with these 5 facts about him.

1. Tom lifts the spirits of his coworkers with his positive attitude. He defines himself as an **optimist** and likes to remind “People have to make change happen.”
2. He's a **wiz kid** when it comes to trivia, particularly questions regarding history.
3. Tom believes making the effort to listen to one's concerns, acknowledging those concerns and expressing **empathy** are the keys to showing you care.
4. He is a Northern Bay Area **native**, born in San Francisco, raised in San Rafael and graduated from St. Mary's College.
5. Helping members **investigate** their benefits comes second nature to Tom as his first 'job' was helping his PI father do research for cases.

## **Avoid Medicare Fraud**

In 2018, Medicare updated Medicare Member Identification cards to be personalized with an identification number opposed to the beneficiary's Social Security number (Many will not receive the new card until April).

Despite the efforts to protect Medicare users, scammers are always looking for a new way to obtain your information. In order to protect yourself and your assets, be aware of these known schemes:

**Complications with Card:** False Medicare representatives are falsely claiming there is a problem with the Medicare card. In order to rectify the situation, the scammer will ask for personal information or payment to temporarily freeze benefits.

**Verifying Personal Information:** Medicare Beneficiaries may receive a call from a scammer asking to confirm personal information such as full name, address, and social security number, etc.  
[via: usnews/money]

Attorney, Lisa Weintraub Schifferle assures, “Medicare will never ask you to give personal or private information to get your Medicare card.

To fact-check information and assure uninterrupted benefits, you may contact the Social Security Administration at [socialsecurity.gov/myaccount](https://socialsecurity.gov/myaccount), 1-800-772-1213 or by calling your local Social Security office.



If you believe you have been contacted by a scam artist, alert the Federal Trade Commission [here](https://www.ftc.gov).

If you have fallen victim to these or other scams, please notify the FTC and contact your bank immediately to monitor for fraudulent charges.